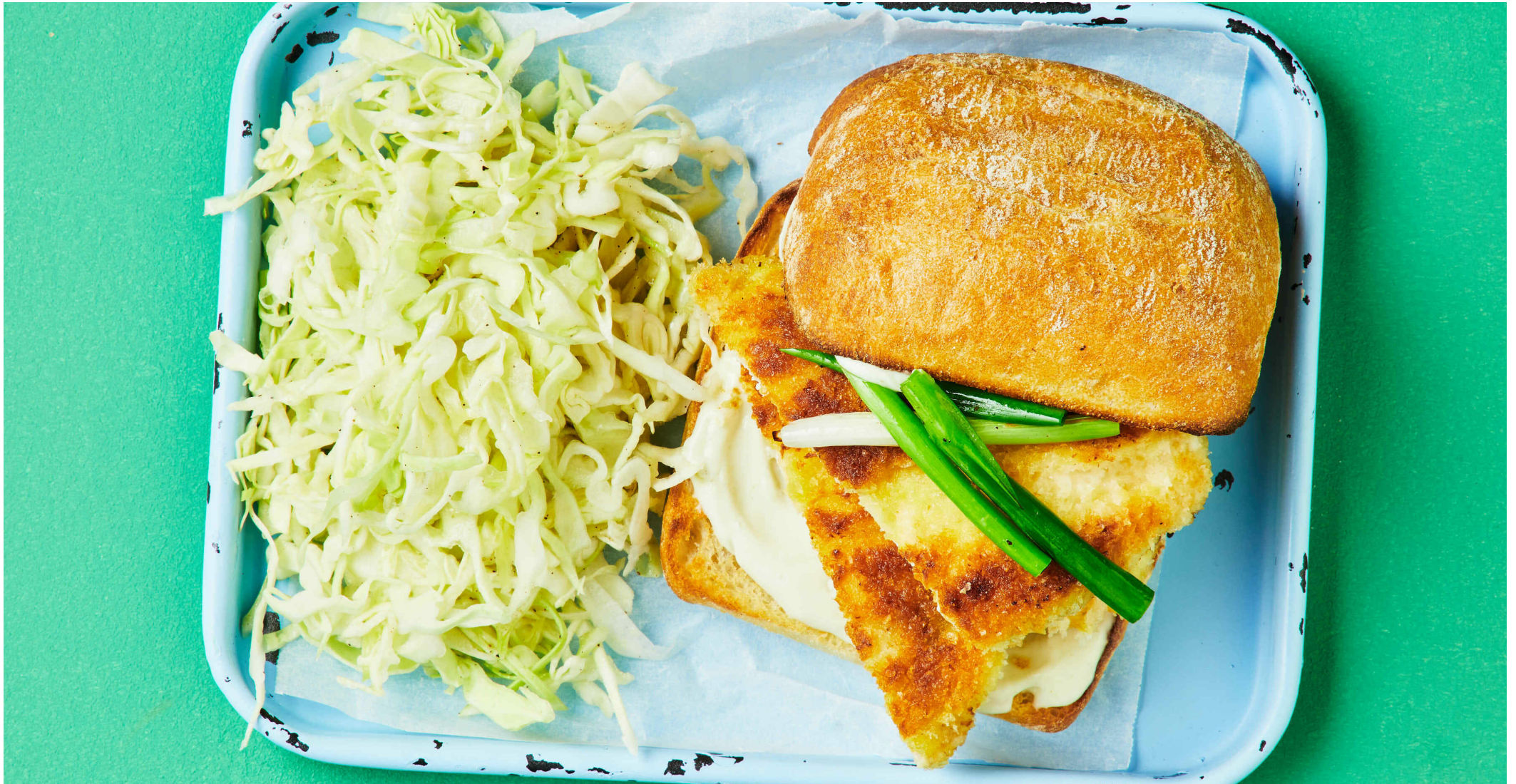


DINNERLY



Chicken Katsu Sando

with Wasabi, Charred Spring Onion and Slaw



30 minutes



2 Servings

A katsu sando is a classic Japanese schnitzel sandwich and one of our favourites at that. Our version combines golden crumbed chicken, charred spring onion and wasabi mayo in a toasted roll. Serve with a pile of crunchy slaw.

WHAT WE SEND

- 1 spring onion
- 200g cabbage
- 2 white bread rolls ^{1,6}
- 1 large free-range chicken breast fillet
- 40g panko breadcrumbs ¹
- 2 x 2.5g wasabi

WHAT YOU NEED

- 1 egg ³
- 1 tbs plain flour ¹
- 2 tbs vegetable oil
- 1 tsp white vinegar
- 2 tbs mayonnaise ³

TOOLS

- mandoline (optional)
- medium frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 810kcal, Fat 41.6g, Carbs 59.5g, Proteins 46.9g



1. Prep ingredients

Halve the **spring onion** lengthwise, then cut into 6cm lengths. Thinly slice the **cabbage** with a sharp knife or mandoline. Cut the **rolls** in half. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



2. Crumb chicken

Preheat the grill to high. Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **1 tbs plain flour** in separate shallow bowls. Dust the **chicken** in the flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



3. Cook schnitzels

Heat **1 tbs vegetable oil** in a medium frypan over medium heat. Cook the **schnitzels** for 3-4 mins each side until golden and cooked through. Remove from the pan and wipe the pan clean. Heat **2 tsp vegetable oil** in the same pan over high heat. Cook the **spring onion**, turning occasionally, for 1-2 mins until charred. Remove the pan from the heat.



4. Make slaw

Put **2 tsp vegetable oil** and **1 tsp white vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage** and toss to coat. Put the **rolls** on an oven tray, cut side up, and grill for 1-2 mins until lightly toasted.



5. Serve up

Halve the **schnitzels** widthwise on an angle. Combine the **wasabi** (see Make it yours) and **2 tbs mayonnaise** in a bowl. Spread the **roll** bases with the **wasabi mayo**, then layer with the **schnitzels** and **spring onion**. Sandwich with the roll tops and serve with the **slaw**. Enjoy!



6. Make it yours

We've suggested this amount of wasabi for flavour, but if you prefer less heat, omit or reduce the wasabi to taste.